

From the College of Mental Health Counselling

Encouragement Therapy

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A person becomes more of the quality that you commend them for having. To be effective, the encourager can look for positive qualities already existing in the person, that can be identified, nurtured, and strengthened. Think of what you needed to hear from healthy parents, then use those statements to support and care for yourself and others. Encouragement Therapy is best when integrated with other counselling modalities.

The intentional use of positive statements for a predictable benefit, can accurately be termed "Encouragement Therapy," and the insightful reader can add more examples to those listed here:

1. "You think of the needs of others, and you look for ways to help people thrive. You devote yourself to the well-being of others."
2. "You are a kind and considerate person, often thinking of others yet while asserting your own needs."
3. "You are very loyal and responsible. If you commit to a task, you can be trusted to fulfill it."
4. "You are honest and transparent. For you, personal integrity is a greater treasure than immense material wealth."
5. "You speak up for yourself and for people who cannot speak for themselves."
6. "You possess a high level of self-awareness, and you can be very positive, supportive, and encouraging of other people as well."
7. "Your knowledge and intelligence are assets that you use for the good of others and yourself."
8. "Your creative ability is obvious from your thinking patterns requiring many aspects to be organized."
9. "Your compassion is apparent from the way you care for others."
10. "Your insight and self-awareness helps you understand your patterns in life and how they work for you and against you, and how you can heal and find solutions, and how to create your own positive suggestions."
11. "You are making important contributions to the improvement of your own life and of the well-being of others."
12. "What are some examples of strengths or positive things about you that other people sometimes, or perhaps often, overlook?"